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EX. TYPE ALZHEIMERS IN THE FIND WINDOW AND PRESS ENTER. CONTINUE PRESSING THE  
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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

## DIRECTORY OF SENIOR SERVICES

Updated 10/12

### Advocacy and Consumer Protection

#### **Attorney General's Elder Hotline**

**1-888-AG-ELDER or 1-888-243-5337**

[www.mass.gov/ag](http://www.mass.gov/ag)

Monday – Friday: 10 a.m.-5 p.m.

The Attorney General's Elder Hotline is a toll-free line that offers information, referral and in some cases assistance in resolving problems of Massachusetts' senior citizens. Volunteers and staff provide information on Medicare, managed care, health insurance and long-term care insurance; access to prescription medications; housing; credit; telemarketing and other issues.

#### **Executive Office of Elder Affairs**

**800-AGE-INFO; 617-727-7750**

[www.mass.gov/elders](http://www.mass.gov/elders)

The Executive Office of Elder Affairs (EOEA) regulates the Aging Service Access Points (ASAP); assisted living facilities; and the prescription drug program. It also administers the Long Term Care (nursing facilities) Ombudsman Program. EOEA provides resources for consumers in the areas of housing and family care giving. An Ombudsman is available for assisted living and community programs for the elderly.

#### **Massachusetts Association of Councils on Aging**

116 Pleasant Street, Suite 306,  
Easthampton, MA 01027-2781

**Phone: 413-527-6425 Fax: 413-527-7138**

<http://www.mcoaonline.com/>

“Established in 1979, the Massachusetts Association of Councils On Aging and Senior Center Directors was formed to: improve the quality of services provided to older adults of the Commonwealth by the Councils on Aging, Senior Centers, and other social services providers within the Commonwealth; educate and otherwise improve the skills of the staff of Councils on Aging and Senior Centers of cities and towns of the Commonwealth; encourage and promote the development of new Senior Centers in the Commonwealth and the expansion of existing ones; and to do and perform any and all acts and services that may be incidental or necessary to carry out the above purposes.”

#### **Mass Association of Older Americans**

**(617) 426-0804**

19 Temple Place, 4<sup>th</sup> Floor, Boston, MA 02111

[www.maoamass.org](http://www.maoamass.org)

MAOA is a grassroots elder advocacy organization. It provides education and advocacy around many issues impacting seniors

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**MassPro**

**(781) 890-0011**

[www.masspro.org](http://www.masspro.org)

245 Winter Street, Waltham, MA 02451

MassPro is committed to improving the quality of health care for Medicare recipients. For complaints regarding care call Medicare Beneficiary Hotline: 800-252-5533

**Mass Resources**

Provides useful information about a wide range of assistance programs for people in need living in Massachusetts. It provides information on what benefits are available, how to apply, eligibility requirements, benefit amounts, and answers to commonly asked questions.

[www.MassResources.org](http://www.MassResources.org)

**Mass Senior Action Council**

**(617) 442-3330**

[www.masssenioraction.org](http://www.masssenioraction.org)

565 Warren Street, Dorchester, MA 02121

A statewide organization open to people of all ages, through which seniors work together on housing, health care, transportation, income security and other issues.

**Newton/Brookline Office of Consumer Affairs (Attorney General's office)**

**(617) 796-1292; hours – M - F 9:30 – 3:45**

[www.newtonma/import/consumer/consumer.asp](http://www.newtonma/import/consumer/consumer.asp)

Newton City Hall, 1000 Commonwealth Ave.

Answers questions regarding consumer rights and tries to resolve consumer disputes

**Newton Council on Aging (Newton Department of Senior Services)**

**(617) 796-1660**

345 Walnut Street, Newtonville, MA 02460

[www.newtonseniors.org](http://www.newtonseniors.org)

Provides services and referrals for the following: assessment and evaluation; care planning; housing options; nursing homes; senior residences; assistance in your home; respite care; medical services; transportation; public benefits counseling; recreational activities; volunteer opportunities; and SHINE (Senior Health Information Needs of Elders).

**West Suburban Long Term Care**

**Ombudsman Program**

[www.jfcsboston.org](http://www.jfcsboston.org)

**781-647-5327; M – F 9 - 5**

1430 Main St. Waltham, MA 02451

Certified ombudsmen regularly visit area nursing and rest homes to: assist residents and families in improving the quality of care, life and environment; resolve concerns; advocate for residents' rights; and provide information and elder resource referrals.

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## Adult Day Health

**Adult Day can be paid for by *MassHealth* (covers 6 hours per day plus transportation) or privately. Funding may also be available from the home care agency (Springwell). Some Long Term Care insurance policies pay for adult day health. Here are some adult day programs in the MetroBoston area.**

### **Brighton House – Greater Boston Chinese Golden Age Center\*\***

677 Cambridge Street, Brighton, MA 02135

Phone: (617) 789-4289

[www.gbcbgac.org](http://www.gbcbgac.org)

MassHealth or private pay \$55/day

Please call for transportation rates

Chinese speaking only

### **Cooperative Elder Services – specialized dementia programming**

37 Broadway, Arlington, MA 02474

Phone: (781) 641-1070; M – Sat; 8:30 - 3

[www.elderdayservices.com/](http://www.elderdayservices.com/)

MassHealth and private pay or some insurance

Basic: \$57.00 per day

Advanced: \$72.00 per day

Transportation available – ask for rates

### **Dorothy Frances Home**

704 Beaver Street, Waltham, MA 02452

Phone: (781) 891-9224

[www.thedorothyfranceshome.com](http://www.thedorothyfranceshome.com)

Private pay only: \$90/day

Dementia specific

Flexible hours; three meals and snacks; showers available

No transportation available

### **Great Days at Hebrew Senior Life**

1200 Centre Street, Roslindale, MA 02131

Phone: (617) 363-8515

[www.hebrewseniorlife.org](http://www.hebrewseniorlife.org)

MassHealth or private pay or some insurance

\$60.00 per day

Please call for transportation rates

### **Great Day for Seniors at Wallingford Road**

Program for Russian speaking seniors in Brighton

Phone: 617-912-8452

The adult day health programs are staffed by a full-time registered nurse, licensed social worker, and recreation specialists. The program is designed to help seniors remain active, involved, and

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independent. Kosher meals, personal care, and medication administration are provided. Both program sites, Roslindale and Brighton, offer culturally and linguistically appropriate services for Russian-speaking elders. The Brighton program is fully staffed with Russian-speaking personnel.

**Julia Ruth House**

199 Canton St., Westwood, MA 02090

Phone: (781) 251-3393

<http://thejuliaruthhouse.com/default.aspx>

Private pay only \$85.00/day; 2 day minimum

Hrs: 7:30 – 5; 2 meals and 2 snacks

No transportation

**Otrada\*\***

185 2<sup>nd</sup> Avenue, Needham

(781) 433-9855

MassHealth or private pay – call for rates

Russian, Polish, Armenian currently

Otrada is a Russian, Polish, and Armenian speaking program. For more information, email the director at [otradaadchc@yahoo.com](mailto:otradaadchc@yahoo.com).

**Rogerson Communities**

**Adult Day and Dementia Day programs**

23 Florence Street, Roslindale, MA 02131

Telephone: (617) 469-5829

[www.rogerson.org](http://www.rogerson.org)

MassHealth or private pay: call for rates

Transportation: call for rates

**Rogerson House Adult Day**

434 Jamaicaaway, Boston, MA 02130

(617) 983-2300

[www.rogerson.org](http://www.rogerson.org)

\$85/day - private pay only: 9 - 3

Transportation: call for rates

**Senior Place\*\***

2222 Centre Street, W. Roxbury, MA 02132

(617) 325-9447

Private pay: \$59; MassHealth (transportation included) & Veterans Administration

Transportation: \$15/each way ambulatory; \$21/each way wheel chair & mileage

**Second Home Adult Day\*\***

51 Water Street

Watertown, MA

(617) 924-1212

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MassHealth, Evergreen, Commonwealth Care or private pay  
Please call for private pay and transportation rates  
Russian and Armenian

**Whitney Place Adult Day Health Center – specialized dementia programming**

3 Vision Drive, Route 9 West, Natick, MA 01760

Phone: 508-655-9767

[www.salmonfamily.com](http://www.salmonfamily.com)

MassHealth or private pay

Basic: \$75/day; Intermediate: \$85/day; Advanced: \$110/day

Please call for transportation rates

**Windsor House - specialized dementia programming**

799 Concord Ave., Cambridge, MA 02138

**Phone:** 617-491-1815

[www.windsorhouse.org/SanctaMarias.cfm](http://www.windsorhouse.org/SanctaMarias.cfm)

Basic: \$54/day; Advanced: \$64/day

Respite from 2:30 – 5: \$25/day

Transportation – private pay: \$30/day

MassHealth or private pay and some insurance

**Zdorovie\*\***

149 A California Street, Newton 02458

(617) 795-0668

MassHealth and private pay– transportation provided: call for rates

Russian speaking

**\*\*The Newton Department of Senior Services transports to these facilities.**

## **Alcoholism & Substance Abuse**

**Alcoholics Anonymous (617) 426-9444**

<http://www.aaboston.org/>

AA Central Service Committee of Eastern Mass

12 Channel St, Suite 604,

Marine Industrial Park, Boston, MA 02210

**Al Anon Family Support**

**(508) 366-0556**

<http://www.ma-al-anon-alateen.org/>

AFG of Mass., Inc.

57 East Main Street, Suite 109,

Westborough, MA 01581-1457

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**Mass. Department of Public Health**  
**1-800-327-5050**

<http://www.mass.gov/dph/bsas>

**Mass Bureau of Substance Abuse Services**

The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.

**The Helpline**

[www.helpline-online.com](http://www.helpline-online.com)

**The Helpline** is a project of Health Resources in Action, a nonprofit organization committed to health promotion through education and research. The Massachusetts Department of Public Health, Bureau of Substance Abuse Services funds the Helpline. Helpline for referrals and information on evaluation, detoxification and treatment programs

Contact the **Helpline at: 800-327-5050 or 617-292-5065**

TTY: 617-536-5872

**Faulkner Hospital**

1153 Centre Street, Boston, MA 02130

[www.faulknerhospital.org](http://www.faulknerhospital.org)

Please call inpatient services at **617-983-7711** for more information or to make an appointment.

Call **617-983-7908** for outpatient services.

All calls will be kept in strict confidence.

Addiction Medicine offers a comprehensive array of clinical services for individuals seeking recovery from alcohol and other drug addiction.

**McLean Hospital**

**(617) 855-2000**

115 Mill Street

Belmont, MA 02478

[www.mcleanhospital.org](http://www.mcleanhospital.org)

Alcohol & Drug Abuse Treatment Center: outpatient services at Belmont campus; inpatient substance abuse services at the Naukeag Treatment Center (Ashburnham) – 1-978-827-5115; and longer term treatment at McLean Center at Fernside (Princeton, MA)

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## Assisted Living Facilities

Most assisted living facilities provide at a minimum, three meals a day, weekly housekeeping, linen (sheets & towels) laundering weekly and about 45 minutes of personal care a day. Facilities have 24 hour staff availability and emergency call systems in each apartment. Most facilities provide transportation for shopping, banking and medical appointments. Facilities often provide fitness, social and recreational activities.

**Massachusetts Assisted Living Facilities Association** (Mass-ALFA) is a non-profit association devoted to supporting the establishment and operation of assisted living facilities: 781-622-5999

[www.massalfa.org](http://www.massalfa.org)

*For rates please call specific facility*

1. **Boylston Place at Chestnut Hill**  
615 Heath Street  
Chestnut Hill, MA 02467  
**(617) 244-6400**
2. **Evans Park**  
430 Centre Street  
Newton, MA 02458  
**(617) 965-9400**
3. **The Falls at Cordingly Dam**  
2300 Washington Street  
Newton, MA 02462  
**(617) 928-0007**
4. **Scandinavian Living Center**  
206 Waltham Street  
W. Newton, MA 02465  
**(617) 527-6566**

## Dental Services

### Dental clinics

#### **Joseph M. Smith Community Health Center**

564 Main Street, Waltham 02459

**781-693-3800**

[www.jmschc.org/](http://www.jmschc.org/)

Not currently accepting new patients – check with Mass. League of Community Health Centers to see if there are other centers accepting new patients: <http://www.massleague.org/>

#### **Forsyth Institute for Dental Hygiene**

**Now at Mass College of Pharmacy**

140 The Fenway, Boston

**617-732-2800 x5**

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[www.forsyth.org](http://www.forsyth.org)

Oral evaluations, cleanings

### **Mt. Ida College**

77 Dedham Street  
Newton, MA 02459  
**617-928-7360**

<http://www.mountida.edu/sp.cfm?pageid=2681>

Dental hygiene – students perform cleanings (\$15) Mondays & Wednesdays: 8-12; 2-6  
Initial dentist visit - \$25; x-rays - \$25 – all patients must have cleaning prior to appt.

### **Dental Schools**

#### **BU Dental School**

100 East Newton Street, Boston 02118  
**617-638-4701**  
Dental services available at reduced cost

#### **Harvard Dental School**

188 Longwood Ave, Boston 02115  
**617-432-1434**  
General information: 617-432-1401  
Mon, Wed: 8 – 5; Tues, Thurs, Fri: 12 - 5

#### **Tufts Dental School**

1 Kneeland Street, Boston, MA 02111  
**617-636-6828**

### **Mass Dental Society**

Two Willow Street, Suite 200, Southborough, MA 01745  
1-800-342-8747  
[www.massdental.org/for-the-public.aspx](http://www.massdental.org/for-the-public.aspx)

## **Disabilities**

### **Assistive Technology Exchange in New England**

<http://www.massmatch.org/>  
Massachusetts Rehabilitation Commission  
600 Washington Street  
Boston, MA 02111  
1-866-682-9955 (Toll Free)  
617-204-3851 (V)  
617-204-3815 (TTY)  
617-204-3877 (F)  
Facilitates the exchange of medical equipment between disabled individuals.



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**Boston Center for Independent Living**

**617-338-6665**

60 Temple Place 5<sup>th</sup> floor, Boston 02111

[www.bostonbcil.org](http://www.bostonbcil.org)

Provides: information and referral services to individuals with disabilities; skills training for those adjusting to a disability; and advocacy for individuals with disabilities in public policy and community arena.

**Carroll Center for the Blind**

**(617) 969-6200 or (800) 852-3131** within Massachusetts

[www.carroll.org](http://www.carroll.org)

770 Centre St., Newton 02458

Provides diverse rehabilitation and education programs for visually impaired adults and children who want to learn new skills for achieving success in a sighted world. Elder Rehabilitation Project.

**Developmental Disabilities Council**

**617-770-7676**

1150 Hancock Street

Third Floor, Suite 300

Quincy, MA 02169-4340

**Fax: 617.770.1987**

**TTY: 617.770.9499**

M – F: 9 - 5

[www.mass.gov/mddc](http://www.mass.gov/mddc)

Providing opportunities for people with developmental disabilities and their families to enhance independence, productivity, and inclusion.

**Disability Law Center**

**617-723-8458 or**

**1-800-872-9992**

[www.dlc-ma.org](http://www.dlc-ma.org)

11 Beacon Street, Suite 925, Boston, MA 02108

Provides legal advocacy and assistance to disabled Massachusetts residents with disability related problems

**Easter Seals of Massachusetts**

[www.eastersealsma.org](http://www.eastersealsma.org)

89 South Street, 1st Floor

Boston, MA 02111

617-226-2640

617-737-9875 (fax)

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Easter Seals provides services to ensure that children and adults with disabilities have equal opportunities to live, learn, work and play.

**Irving K. Zola Center  
(617) 277-5131**

c/o Brigham House,  
20 Hartford St. Newton Highlands  
[www.zolacenter.org](http://www.zolacenter.org)

This center provides a welcoming environment for persons with disabilities to: congregate, socialize, interact, & participate in the community

**Massachusetts Disabled Person Protection Commission  
Suspected Abuse Line: 1-800-426-9009 (V/TTY)  
Administrative Line: 617-727-6465 (V/TTY)**

[www.mass.gov/dppc](http://www.mass.gov/dppc)

Investigates allegations of suspected abuse against individuals with physical and mental disabilities between the ages of 18–59. (*For persons 60 and over, see Elder Abuse.*)

**Commission on Disabilities – City of Newton  
(Formerly Committee for People with Disabilities)  
(617) 796-1120; [ada@newtonma.gov](mailto:ada@newtonma.gov)**

[www.newtonma.gov/disabilities/index.html](http://www.newtonma.gov/disabilities/index.html)

Newton City Hall, Newton 02459

The Commission on Disabilities' mission is to foster equal access to community life and activities for people with disabilities. Through education and advocacy, the Committee works to raise awareness about the needs and rights of people with disabilities and the importance of increased accessibility to programs, housing, and facilities in municipal and commercial buildings, and other public entities..

**Massachusetts Commission for the Blind**

48 Boylston St.  
Boston, MA 02116-4718  
**617-727-5550**

**1-800-392-6450 (MASS. ONLY) Voice**

**1-800-392-6556 (MASS. ONLY) TDD**

“MCB provides the highest quality rehabilitation and social services to blind individuals, leading to independence and full community participation.”

**Massachusetts Commission for the Deaf and Hard of Hearing  
617-740-1600 Voice  
617-740-1700 TTY**

Toll Free:  
800-530-7570 TTY  
800-882-1155 Voice  
150 Mount Vernon St. 5th Floor

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Dorchester, MA 02125

[www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)

Provides information, technical assistance and training

**Massachusetts Network of Information Providers for People with Disabilities (MNIP)  
New England INDEX**

<http://www.disabilityinfo.org/Resources/MNIP/>

The Massachusetts Network of Information Providers for People with Disabilities (MNIP), coordinated by New England INDEX, is a collaborative effort of over 130 agencies in Massachusetts. Network members disseminate disability-specific information and make referrals to the public for free. Consumer contact with any of the members provides access to the expertise of the entire network.

**Office of Disabilities and Community Services**

1 Ashburton Place

11th Floor

Boston, MA 02108

**617-573-1600**

[www.mass.gov/mod](http://www.mass.gov/mod)

Provides advocacy for persons with disabilities

**Massachusetts Registry of Motor Vehicles**

**617-351-4500**

[www.mass.gov/rmv/medical](http://www.mass.gov/rmv/medical)

Provides handicap plates/placards to individuals who are medically certified (by a physician) as disabled; you can request the application by phone or download it from their website

**Massachusetts Rehabilitation Commission**

27 Wormwood St.

Boston, MA 02210-1616

**1-800-245-6543**

“MRC is responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and the Supplemental Security Income (SSI) federal benefits programs.”

**NWW Committee for Community Living, Inc.**

**(617) 964-6860**

1301 Center Street

Newton, MA 02459

[www.nwwcommittee.org](http://www.nwwcommittee.org)

Provides comprehensive services for people with developmental disabilities and their families.

**Perkins School for the Blind**

**(617) 924-3434**

175 North Beacon Street, Watertown, MA 02172

[www.perkins.org](http://www.perkins.org)

Braille and Talking Books available

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### **MAB Community Services**

200 Ivy Street  
Brookline, MA 02446  
617-738-5110

[www.mabcommunity.org](http://www.mabcommunity.org)

MAB's mission is to work with individuals with disabilities to eliminate barriers and create opportunities. Our experience allows us to forge strong community partnerships so that we can meet the pressing need for high quality services and programs and transform lives.

## **Domestic Violence**

### **REACH Beyond Domestic Violence (formerly Support Committee for Battered Women)**

**Hotline: 1-800-899-4000      24 hours/day; 7 days/week**

Office: 1-781-891-0724

[www.reachma.org](http://www.reachma.org)

Provides shelter, counseling and support to women (and their children) who have experienced sexual assault or domestic violence

### **The Second Step**

**617-965-3999**

PO Box 600213, Newtonville 02460-0002

[www.thesecondstep.org](http://www.thesecondstep.org)

Provides outreach and residential services to women (and their children) who have experienced domestic violence.

## **Driving Evaluations**

### **Newton-Wellesley Hospital - Department of Rehabilitation Services**

#### **Drive Safe Program**

2014 Washington Street  
Newton, MA 02462

**617-243-6172** (ask to schedule an appointment for driving evaluation)

[dkerrigan@partners.org](mailto:dkerrigan@partners.org)

### **Drive Wise**

330 Brookline Ave. Boston, MA  
Beth Israel Deaconess Hospital, Boston

**617-667-4074**

[www.bidmc.org/CentersandDepartments/Departments/Neurology/CognitiveNeurology/Services/Drivewise.aspx](http://www.bidmc.org/CentersandDepartments/Departments/Neurology/CognitiveNeurology/Services/Drivewise.aspx)

### **Healthsouth Braintree Rehabilitation Hospital**

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Driving Evaluation Program  
250 Pond St. Braintree, MA 02184  
**781-348-4017**

[www.braintreerehabhospital.com/braintree-rehabilitation-outpatient-driving-eval.asp](http://www.braintreerehabhospital.com/braintree-rehabilitation-outpatient-driving-eval.asp)

## **Elder Abuse and Neglect**

### **Elder Abuse Hotline**

**1-800-922-2275**

**24 hours/day Seven (7) days/week**

This line is available to report suspected elder abuse. Massachusetts law defines elder abuse as acts or omissions resulting in serious physical or serious emotional injury to a person 60 years or older. Abuse includes physical abuse, emotional abuse, sexual abuse, caretaker neglect and financial exploitation.

### **Springwell**

**(617) 926-4100**

307 Waverly Oaks Road, Suite 205  
Waltham, MA 02452

[www.springwell.com](http://www.springwell.com)

Springwell is responsible for responding to reports of suspected abuse or neglect in the Newton area.

### **REACH (formerly the Support Committee for Battered Women)**

**– Domestic violence specialization**

**(800) 899-4000**

Emergency 24-hour hotline

Support group 781-891-0724, press 0

[www.reachma.org](http://www.reachma.org)

## **Financial Assistance & Counseling**

### **Department of Transitional Assistance**

**(617) 551-1700**

80 Everett Ave.

Chelsea 02150

**1-800-650-2560 or 617-551-1700**

[www.mass.gov/dta](http://www.mass.gov/dta)

Apply for Food Stamps, MassHealth (Medicaid), Emergency Aid to Elders, Disabled and Children. Eligibility: low-income persons.

**Career Center – Employment & Training Resources – [www.etrcc.com](http://www.etrcc.com)**

Effective Nov 2012: 1671 Worcester Road

Framingham, MA 01701-5408

Phone: (508) 766-5700; Fax: (617) 727-0676

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**Horace Cousens Industrial Fund**

Newton City Hall

**617-796-1324**

<http://www.newtonma.gov/import/cousens/index.asp>

The Horace Cousens Industrial Fund is a charitable trust which gives financial help to Newton residents who are faced with a temporary but severe financial problem.

**Money Management Program**

(Springwell)

**(617) 926-4100 – Kathy Barrett**

[www.springwell.com](http://www.springwell.com)

Springwell provides trained volunteers who are available to assist with check writing, bill paying and other financial services.

**Newton Department of Senior Services**

**Newton Senior Center/Council on Aging**

345 Walnut Street

Newtonville, MA 02460

**(617) 796- 1660**

[www.newtonseniors.org](http://www.newtonseniors.org)

Assists Newton seniors in accessing funds for food, clothing, help with heat & utilities or other emergency needs. Information on government benefits programs and Property Tax Abatement available and assistance in applying for benefits and services.

**Newton Housing Rehabilitation Fund**

**(617) 796-1150**

Planning Office

Newton City Hall

<http://www.newtonma.gov/gov/planning/hcd/housingrehab.asp>

The City of Newton's Department of Planning & Development provides income eligible elders and disabled residents with low interest direct and deferred payment loans for home repairs.

**Newton Senior Center – Income Tax Assistance Program**

**(617) 796-1660**

[www.newtonseniors.org](http://www.newtonseniors.org)

Free income tax assistance is available from February until April 15. This program is sponsored by AARP.

**Prescription Advantage – Comm of MA**

1-800-243-4636 or 1-877-610-0241 (TTY)

Prescription Advantage is a prescription drug insurance plan available to all Massachusetts residents age 65 and older, as well as younger individuals with disabilities who meet income and employment guidelines.

**Property Tax Assistance - City of Newton Assessor's Office**

**(617) 796-1160**

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

<http://www.newtonma.gov/gov/assessor/programs.asp>

Provides Real Estate tax exemption or tax deferment for eligible residents of Newton

### **S.H.I.N.E.-Serving Health Insurance Needs of Elders**

#### **800-AGE-INFO, option 3**

781-453-8076 Metrowest

[www.800ageinfo.com](http://www.800ageinfo.com)

The SHINE Program (Serving Health Information Needs of Elders) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social service and community based agencies and Councils on Aging. The program is partially funded by the federal agency Centers for Medicare & Medicaid Services. Provides health insurance information for seniors and those on Medicare; assists with paperwork and claim denials and appeals. S.H.I.N.E. offers private free appointments with a Health Benefits Counselor at the Newton Senior Center. Call (617) 796-1660 for appointment.

### **Social Security Administration**

#### **1-800-772-1213**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security

First Floor

10 Fawcett Street

Cambridge, MA 02138

1-888-527-1435

Social Security is a federal insurance program that pays a monthly stipend to workers or their families when the worker retires, becomes disabled or dies. **SSI** (Supplemental Security Income) is a financial assistance program operated by the Social Security Administration, but funded by federal income taxes. SSI assists people who have low incomes and few resources **and** are 65 or older, blind or disabled.

## Food Programs

### **Bristol Lodge Soup Kitchen**

**(781) 883-2050**

545 Moody Street, Waltham, MA 02453

<http://www.mhsainc.org/soup.htm>

(Use Cherry Street side entrance)

Provides a meal every day of the year at 5 p.m. The kitchen opens at 3:30 for coffee and snacks.

This is a smoke-free and alcohol free environment.

### **Food Pantry**

- **Newton Food Pantry**

**(617) 527-2394**

Waban Branch Library, 1608 Beacon Street, Waban

Hrs: Wed (1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> 1:30 – 3:30; Sat. (after 3<sup>rd</sup> Wed) 11 – noon

Must be Newton resident and bring intake form a social worker (forms can be obtained from Christie Rexford (617-796-1672) or Kathy Laufer (617-796-1663)

- **Hellenic Gospel Church Food Pantry, Soup Kitchen & Clothes Closet**

**(781) 449-8307**

187 Church Street, Newton Corner 02458

Food & clothing 2x/month: 2<sup>nd</sup> & 4<sup>th</sup> Friday, 10-Noon

Must be Newton resident and bring intake form a social worker (forms can be obtained from Christie Rexford (617-796-1672) or Kathy Laufer (617-796-1663)

- **Centre Street Food Pantry (at Trinity Church)**

11 Homer Street, Newton Centre

[www.centrestfoodpantry.org](http://www.centrestfoodpantry.org)

Tuesday 4 – 7 p.m.; 1<sup>st</sup> Sat. 11 - 2

Must be Newton resident and bring intake form a social worker (forms can be obtained from Christie Rexford (617-796-1672) or Kathy Laufer (617-796-1663)

### **Jewish Family & Children's Services – Family Table**

(781) 647-5327

1430 Main Street, Waltham, MA

[www.jfcsboston.org](http://www.jfcsboston.org)

### **Food Source Hotline (Project Bread)**

**1-800-645-8333**

TTY 1-800-377-1292

[www.projectbread.org](http://www.projectbread.org)

Provides a list of emergency food pantries and meal programs - M-F, 8-5

### **SNAP – formerly Food Stamps**

**1-800-650-2560 or 617-551-1700**



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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

**Hotline: 1-800-645-8333** [Monday – Friday from 8 – 7]

Department of Transitional Assistance

80 Everett Ave. Chelsea, MA 02150

[www.mass.gov/dta](http://www.mass.gov/dta)

The Food Stamp Program can help those who meet the financial guidelines. There is a simplified application for those aged 60 or older (or under 60 and disabled)

### **Group Meal Sites**

Sponsored by Springwell

- **Newton Senior Center (617) 796-1660**

345 Walnut Street, Newtonville

[www.newtonseniors.org](http://www.newtonseniors.org)

M – F @ 11:45. Call by 11 a.m. the day before to reserve your meal

### **Home Delivered Meals (Meals on Wheels)**

**(617) 926-4100 (Springwell)**

[www.springwell.com](http://www.springwell.com)

### **Shopper's Bus**

Newton Department of Senior Services

**(617) 796-1288**

[www.newtonseniors.org](http://www.newtonseniors.org)

This service is provided under a larger transportation contract administered by the Department of Senior Services. Vouchers to use the transportation can be obtained through the senior center by calling 617-796-1660. Reservations can be made three days in advance to take any Newton senior to the supermarket of their choice within Newton on T, W & Th. between 10-2.

### **Volunteer Shopping Services**

**(617) 926-4100 x246**

[www.springwell.com](http://www.springwell.com)

Springwell provides volunteers, when available to do grocery shopping for seniors in Newton.

## **Gambling**

### **Massachusetts Council on Compulsive Gambling**

**Helpline: 1-800-426-1234**

**Office: 617-426-4554**

[www.masscompulsivegambling.org](http://www.masscompulsivegambling.org)

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

## **Geriatric Care Managers**

Professional Geriatric Care Managers (PGCMs) are health and human services specialists who help families care for older relatives, while encouraging as much independence as possible. Geriatric care managers who are members of the National Association of Professional Geriatric Care Managers (NAPGCM) are committed to adhering to the NAPGCM [Pledge of Ethics](#) and Standards of Practice. PGCMs usually charge on an hourly basis. For more information or to find a Geriatric Care Manager in your area, go to <http://caremanager.findlocation.com/> on the internet or call (520) 881-8008.

## **Geriatricians accepting new patients**

<b>NAME</b>	<b>HOSPITAL AFFILIATION</b>	<b>PHONE NUMBER</b>
Melnick Avrohm, MD	Newton Wellesley Hospital	617-964-2299
Randi Berkowitz, MD	Hebrew Senior Life	617-325-8000 X8778
Amanda Berling, MD	Mt. Auburn Hospital	617-868-0847
Michael Cantor, MD	GRECC – VA Boston	617-232-9500
Richard Dupee, MD	Tufts Medical Center Wellesley office	781- 235-9089
Ikram Farooqi	Newton Wellesley Hospital	781-898-7301
Walter J. Lee, MD	St. Elizabeth's Hospital	617- 254-7473
Diane McMullen, MD	Mt. Auburn Hospital	617-868-0847
Asif Merchant, MD	Mt Auburn Hospital – Waltham ofc	781-647-0674
Vincent Perrelli, MD	Mt. Auburn Hospital Nursing home & home visits only	781-647-0674
Anthony Sposato, MD	St. Elizabeth's Hospital	617-787-4688 (House calls)

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## Health and Wellness

### **Alcoholics Anonymous (AA)**

**617 426-9444**

<http://www.aaboston.org/>

AA Central Service Committee Of Eastern Mass

12 Channel St, Suite 604,

Marine Industrial Park, Boston, MA 02210

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Lists of meetings in Eastern Massachusetts can be obtained by calling the office.

### **Alzheimer's Association, Massachusetts & New Hampshire Chapter**

**(617) 868-6718**

[www.alzmass.org](http://www.alzmass.org)

480 Pleasant Street, Watertown, MA 02472

**Helpline 1-800-272-3900 – 24 hours/day**

The principal source of comprehensive information, guidance, education and support for families of people diagnosed with dementia. Research and lending library open to the public, offering periodicals, books, videos and internet access.

### **American Cancer Society**

**800-227-2345** (24-hr hotline)

MetroWest Office, 30 Speen Street, Framingham, MA 0170

508-270-4698

Weston office, 9 Riverside Rd., Weston, MA 02493

781-3114-2600

[www.cancer.org](http://www.cancer.org)

Provides information, local support groups and assistance.

### **Arthritis Foundation**

**(617) 244-1800**

[www.arthritis.org](http://www.arthritis.org) or [www.info.ma@arthritis.org](mailto:www.info.ma@arthritis.org)

29 Crafts St., Suite 450, Newton 02458

Supports research to find the cure for and prevention of arthritis and seeks to improve the quality of life for those affected by arthritis. Provides information.

### **Carroll Center for the Blind**

Senior Vision Services

**1-800-852-3131 or 617-969-6200**

770 Centre Street

Newton, MA 02458

[www.carroll.org](http://www.carroll.org)

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

Experienced staff will provide vision assessment, loan of video magnifier, monthly demonstrations of latest low vision devices held on the 1<sup>st</sup> Friday of every month in the low vision clinic.

### **Lifeline**

**Mt. Auburn Hospital – 617-499-5525**

Free installation and monthly reduced rate with a referral from the Council on Aging

**Partners Home Care Lifeline Program (Beverly, MA) 800-910-4225**

**Philips Lifeline – 1-800-543-3546**

[For other providers call Lifeline 1-800-380-3111]

Provides a personal response service to ensure that individuals get a quick response in case of an emergency. There is an installment fee and a monthly maintenance cost which may be covered by MassHealth or Springwell for eligible persons. Not all providers charge the same fees.

**Newton Department of Health & Human Services  
(617) 796-1420**

<http://www.newtonma.gov/gov/health/default.asp>

1294 Centre Street, Newton 02459

Provides asbestos information, flu shots, home visits and screenings for the elderly, housing occupancy permits, lead paint testing and inspections, mental health nursing services to the elderly, rabies clinics, restaurant and market inspections/permits, tobacco control and education.

**Newton-Wellesley Hospital  
(617) 243-6000**

[www.nwh.org](http://www.nwh.org)

2014 Washington St., Newton 02462

A 258-bed acute care general hospital with departments including medical/surgical services, 24-hour emergency service, pediatric, obstetrical, gynecological, psychiatric, and rehabilitation services, community health education, cardiovascular health, and other specialty outpatient services, women's imaging center and other radiology and diagnosing services. Volunteers operate hospital gift, coffee, and thrift shops, tours, and supportive services.

**S.H.I.N.E.-Serving Health Insurance Needs of Elders  
1-800-AGE-INFO (1-800-243-4636)**

**[www.800ageinfo.com](http://www.800ageinfo.com)**

Provides health insurance information for seniors and those on Medicare; assists with paperwork and claim denials and appeals

Private free appointments with a Health Benefits Counselor are available at the Newton Senior Center. Call (617) 796-1660 for appointment.

## Home Care

### Home Care

These are some *private* providers of home health aides, homemakers and companions.

[*Note, not all home health aides are certified* – ask about this when you call] Rates vary depending on number of hours; weekday/weekend; and tasks performed

- All at Home Health Care 617-782-9900
- Bayada Home Health Care 617-332-7600
- CareSolutions 508-366-1766
- City Home Care 617-964-2489
- Comfort Keepers 617-965-5200
- Ezra Home Care 617-527-9000
- Family Friends 800-920-2814
- Geriatric Resource Center 617-332-7610
- Griswold Special Care 781-449-0402
- HomeCare Assistance 781-239-0060
- Home Instead 781-314-0154
- Houseworks 617-928-1010
- LivHome Health Care 781-416-2000
- Peace of Mind 617-522-5774
- Right at Home 617-597-1500
- Senior Homecare Solutions 617-431-1165
- Sostek Home Care 617-244-8560
- Suburban 617-264-7100
- Suburban MED-RIDE 866-633-7433
- Suburban Companion Care 617-232-8468
- Visiting Angels 617-795-2727

### Home Health Care

Provides services to recovering, disabled or chronically ill persons who need home *medical* treatment. Home health agencies typically provide skilled nursing, physical, occupational or speech therapy, clinical social work, home health aides, hospice and palliative care, high technology services such as parenteral nutrition and intravenous therapy. LPNs as well as RNs can provide Insulin Management. These agencies may also provide private care.

- Americare Health Services 781-373-1113
- All at Home Health Care 617-782-9900
- CareGroup Home Care 617-673-1700
- Care Solutions 617-964-5470
- City Home Care 617-964-2489
- Express Health Care Staffing 617-792-2200
- Jewish Family & Children's Services 617-224-4137

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

- Partners Home Care 800-698-2628 or Waltham Ofc 781-290-4000
- SeniorBridge (Humana) 781-444-1199
- Suburban Home Health Care 617-264-7100
- Visiting Angels 617-795-2727
- VNA Private Care 800-728-1862

## Homeless Services

### **Middlesex Human Services -**

50 Prospect Street, Waltham, MA 02453

781-894-6110

<http://www.mhsainc.org/>

The Middlesex Human Service Agency, Inc. oversees the operations of programs that offer a wide variety of services, including the following:

Substance abuse recovery homes.

Inpatient alcohol education & treatment for adults convicted of two or more OUI offenses.

Shelter, food, & housing search assistance for the homeless.

### **Bristol Lodge Soup Kitchen**

Immanuel United Methodist Church

545 Moody St. Waltham, MA 02453

(Corner of Moody & Cherry St. - Enter from Cherry St. to basement)

**781-894-1611 or 781-883-2050**

-provides a meal every day of the year at 5 p.m. The kitchen opens at 4 p.m. for coffee and snacks. This is a smoke-free and alcohol free environment. Open 2 – 6 p.m.

## Hospice

Hospice is primarily a concept of care, not a specific place of care. Hospice emphasizes palliative rather than curative treatment; quality rather than quantity of life. Professional medical care is given, and sophisticated symptom relief provided.

### **The Hospice & Palliative Care Federation of Massachusetts**

1420 Providence Highway, Suite 277

Norwood, Mass. 02062

Tel: (800) 962-2973 · (781) 255-7077

<http://www.hospicefed.org/>

### **Hospice of the Good Shepherd, Inc.**

**(617) 969-6130**

[www.hospicegoodshepherd.org](http://www.hospicegoodshepherd.org)

**2042 Beacon St., Newton 02468**

[www.hospicegoodshepard.org](http://www.hospicegoodshepard.org)

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**Caritas Hospice**

**(617) 566-6242**

310 Allston Street, Brighton 02135

[www.caritasgoodsamaritanhospice.org](http://www.caritasgoodsamaritanhospice.org)

**VNA Care Network, Inc.**

**781-455-6661**

175 Highland Ave

Needham, MA 0249

[www.vnacarenetwork.org](http://www.vnacarenetwork.org)

Owens and manages **Needham Site**, an inpatient hospice in Needham.

**Bereavement Groups**

[www.bereavementservicesma.org](http://www.bereavementservicesma.org)

## **Housing**

**MassHousing**

One Beacon Street, Boston 02108-3110

**(617) 854-1000; TDD: (617) 854-1025**

[www.masshousing.com](http://www.masshousing.com)

MassHousing is the state's affordable housing bank. It lends money at below market rates to support rental and home ownership opportunities for low- and moderate-income residents of Massachusetts.

**Congregate Housing**

**1. Springwell Congregate Housing Program**

**(617) 926-4100**

[www.springwell.com/housing](http://www.springwell.com/housing)

Provides a unique group living options for elders. Supportive services are available to residents on an as-needed basis.

**Subsidized Senior Housing in Newton**

**1. Newton Housing Authority**

**82 Lincoln Street**

**Newton Highlands, MA 02461**

**(617) 552-5501**

**Fax: 617-964-8387**

[www.newtonhousingauthority.org](http://www.newtonhousingauthority.org)

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

Assists income eligible individuals and families with housing; manages housing developments for the elderly and families; and subsidizes "Section 8" certificates.

**2. Newton Community Development Foundation**

429 Watertown Street

Newton, MA 02458

**(617) 244-4035**

[www.ncdf.com](http://www.ncdf.com)

Provides low, moderate-income and market-rate housing.

- **Casselman House** (all units are subsidized)  
195 Summer Street  
Newton Center  
(617) 964-8647  
[Casselmann435@comcast.net](mailto:Casselmann435@comcast.net)
- **Weeks House** (market rate & subsidized units)  
7 Hereward Road  
Newton Center, MA 02459  
(617) 964-8644  
[weekshouse@comcast.net](mailto:weekshouse@comcast.net)
- **Warren House** (market rate & subsidized units)  
1600 Washington Street  
W. Newton, MA 02465  
(617) 527-6616  
[Warren435@comcast.net](mailto:Warren435@comcast.net)

**3. Nonantum Village Place**

**(617) 492-5559 x0823**

CASCAP

678 Massachusetts Ave. 10<sup>th</sup> floor

Cambridge, MA 02139

"Nonantum Village Place offers older adults the opportunity to live independently and with dignity in their own community."

**4. Pierce House**

88 Chestnut Street

W. Newton, MA 02465

**(617) 965-2200**

Provides subsidized housing to elderly and disabled who meet eligibility guidelines.

**5. Jewish Community Housing for the Elderly**

30 Wallingford Road

Brighton, MA 02435

**(617) 912-8421**



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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.

[www.jche.org](http://www.jche.org)

Provides low, moderate income and market rate housing for seniors at two sites in Newton.

- **Golda Meir House** (subsidized & market rate)  
160 Stanton Ave  
Newton, MA 02466  
(617) 965-4252
- **Coleman House** (formerly Campus House – subsidized only)  
677 Winchester Street  
Newton, MA 02459  
(617) 244-1867

**6. New Falls**

**(617) 244-7781**

2281 Washington Street

Newton, MA 02462

Provides low income housing to elders and the disabled

**Non-subsidized (Market Rate) Senior Housing**

**Cabot Park Village**

280 Newtonville Ave

Newtonville, MA 02460

**(617) 965-7707**

[www.benchmarkquality.com/](http://www.benchmarkquality.com/)

Provides housing for independent seniors in a rental facility: services include two meals a day, housekeeping and flat linen service. They have a few affordable units.

**Lasell Village**

120 Seminary Avenue

Auburndale, MA 02466

**(617) 663-7000**

[www.lasellvillage.com](http://www.lasellvillage.com)

Provides retirement living with a learning program and a range of services including meals, emergency call system, housekeeping, maintenance, wellness & fitness and transportation.

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## Information and Referral

### **Elderline (provided by Exec Office of Elder Affairs)**

**1-800-AGE-INFO or 1-800-243-4636**

Monday – Friday: 9a.m. - 5 p.m.

The ElderLine is a toll-free information and referral line for the public that will answer questions on a wide variety of elder care topics, including, home care, nursing home care, legal resources, housing options, and basic income and medical benefit programs. There is no charge for the call.

### **Combined Jewish Philanthropies SeniorDirect**

**1-800-980-1982 or 617-620-8121**

[www.cjpseniordirect.org](http://www.cjpseniordirect.org)

[info@cjpseniordirect.org](mailto:info@cjpseniordirect.org)

1430 Main Street

Waltham, MA02451

A free, non profit information service staffed by eldercare professionals from Jewish Family & Children's Services that can connect seniors and their families with the resources and expert advice they need. For those people for whom Jewish culture and religious services are important, this is an invaluable resource.

### **National Family Caregivers Association (NFCA)**

**800-896-3650 or 301-942-6340**

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

10400 Connecticut Ave. Suite 500

Kensington, MD 20895

NFCA is a national, charitable organization dedicated to making life better for all of America's family caregivers. NFCA reaches across the life cycle and across the boundaries of differing diagnoses and relationships to address the common needs of all family caregivers. Provides education, empowerment, and advocacy to caregivers.

### **Newton Department of Senior Services**

617-796-1660

345 Walnut Street, Newtonville, MA 02460

[www.newtonseniors.org](http://www.newtonseniors.org)

Provides services and referrals for the following: assessment and evaluation; care planning; housing options; nursing homes; senior residences; assistance in your home; respite care; medical services; transportation; public benefits counseling; recreational activities; volunteer opportunities; and SHINE (Senior Health Information Needs of Elders).

### **Springwell**

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

125 Walnut St., Watertown 02472

Springwell is the Aging Services Access Point (ASAP) for Newton. It also is an Area Agency on Aging. "Springwell systematically compiles the most up-to-date information on services available to elders..." Springwell provides care management, free information and referral, and

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in-home services for elders who need assistance to remain living independently in the community. Services include homemaking, personal care, adult day care, home delivered meals, transportation medical escorts, care -coordination and more.

## **Legal Services**

### **AARP Legal Services Network**

List at [www.aarp.org/lsn](http://www.aarp.org/lsn)

866-330-0753

Boston Office:

1 Beacon Street Suite 2301

Boston, MA 02108

Reduced fees for AARP members with attorney in the Network

### **Boston College Legal Assistance Bureau**

**(781) 893-4793**

24 Crescent Street, Suite 202

Waltham, MA 02453

[www.bc.edu/schools/law/services/academic/programs/clinical/lab/services.html](http://www.bc.edu/schools/law/services/academic/programs/clinical/lab/services.html)

Provides legal assistance to eligible Newton seniors at no charge. Legal services may include advice, referral, or representation. Cases may involve issues of Social Security, SSI, Medicaid, public benefits, and eviction

### **Gay & Lesbian Advocates & Defenders GLAD**

<http://www.glad.org/>

30 Winter Street, STE 800 Boston, MA 02108

617-426-1350

Email: [gladlaw@glad.org](mailto:gladlaw@glad.org)

“We are New England’s leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.”

### **Massachusetts Bar Association Referral Service**

**800-392-6164**

**20 West Street**

**Boston, MA 02111**

[www.massbar.org/](http://www.massbar.org/)

Maximum \$25 fee for initial half-hour consultation; after that regular charge

### **Massachusetts Senior Legal Helpline**

**1-866-778-0939**

The Helpline provides **FREE** legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law.

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PLEASE CALL 617-796-1660 IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.**

If you get our voicemail, please leave your name, telephone number and the town where you reside and we will return your call within 2 business days.

**National Academy of Elder Law Attorneys**

**(520) 881-4005**

[www.naela.org](http://www.naela.org)

A non-profit association for lawyers who work with older clients and their families.

Mass Chapter: 617-566-5640, Fax: 617-734-9758, Email: [info@manaela.org](mailto:info@manaela.org)

**National Lawyers Guild – “Find a Layer”**

**(617) 227-7008**

[www.nlgmass.org](http://www.nlgmass.org)

Free phone consultation. Fees on a sliding scale

**Newton Senior Center**

**Boston College Legal Assistance Bureau**

**(617) 796-1660**

[www.newtonseniors.org](http://www.newtonseniors.org)

1<sup>st</sup> Friday of the month: 12:30 – 3 p.m. from Oct – May. Free consultation for seniors *by appointment only*.

## **LGBT Services**

**LGBT Aging Project**

555 Amory Street

Jamaica Plain, MA 02130

**617-522-1292**

[www.lgbtagingproject.org](http://www.lgbtagingproject.org)

“The mission of the LGBT Aging Project is to ensure that lesbian, gay, bisexual and transgender older adults and caregivers have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted.”

**Gay & Lesbian Advocates & Defenders GLAD**

<http://www.glad.org/>

30 Winter Street, STE 800 Boston, MA 02108

**617-426-1350 or Email: [gladlaw@glad.org](mailto:gladlaw@glad.org)**

“We are New England’s leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.”

**Prime Timers**

<http://www.bostonprimetimers.org/>

Boston Prime Timers, Inc.

566 Columbus Avenue

Boston, Ma 02118-1181

617-447-2344

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“Prime Timers is a worldwide brotherhood of mature gay and bisexual men and their friends, joining together for educational, support, and social activities.”

#### **The Network/La Red**

<http://tnlr.org>

PO Box 6011

Boston, MA 02114

617-695-0877 office

617-742-4911 Hotline

“The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, poly-amorous, and queer communities.”

### **Long Term Care – see Nursing Homes**

## **Mental Health**

#### **City of Newton**

##### **Department of Health and Human Services**

**(617) 796-1420**

[www.newton.ma/Health/index.htm](http://www.newton.ma/Health/index.htm)

At-Home Counseling for Older Adults provides intervention, support, and community referrals, free of charge, to any Newton resident over the age of 60. Their psychiatric nurses have special training in mental health and the needs of older adults.

#### **Cross Roads Counseling**

**(781) 431-2277**

219 Washington Street, Wellesley, MA 02481

<http://crossroadscounselingwellesley.com/>

Provides groups and individual counseling to seniors. Home visits available on request. Most insurance accepted. Some free care available through a grant by Springwell.

#### **Newton Senior Center**

**(617) 796-1660**

345 Walnut Street, Newtonville 02460

[www.newtonseniors.org](http://www.newtonseniors.org)

Free mental health counseling available to seniors who want assistance with emotional and social issues. Individual, couple and family appointments are available. Groups run throughout the year.

#### **Riverside Community Care (Mental Health Services)**

[www.riversidecc.org](http://www.riversidecc.org)

- NEWW Center Day Treatment **(617) 969-8200**

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- Elliott Club House (781) 449-1212
- Outpatient Services (617) 969-4925
- **Emergency Crisis Team** (800) 529-5077  
24-hour Crisis Team is available for consultation, information & referral, psychiatric crisis intervention, emergency outreach evaluations and hospital/respite pre-screenings

## Moving

### National Association of Senior Move Managers

PO Box 209, Hinsdale, IL 60522

[www.nasmm.org](http://www.nasmm.org)

Mary Kay – 708-638-2314 or Jennifer – 630-531-7510

Professional organization of individuals and businesses that help seniors downsize and move.

## Multi-service Agencies

### Jewish Family and Children's Services

(781) 647-5327

[www.jfcsboston.org](http://www.jfcsboston.org)

1430 Main St., Waltham 02451

Provides advocacy and counseling to individuals, children, families, the elderly, and immigrants. The Elderly Service Program provides information and referral, clinical assessment, individual and family counseling, case coordination, home visits, support groups, volunteers, and homemaker home-health services.

### Newton Community Service Centers, Inc.

(617) 969-5906

[www.ncscweb.com](http://www.ncscweb.com)

492 Waltham St., Newton 02465

Offers educational, recreational, health, and guidance services for Metro West families. Early Education and Child Care; Out of School Time, Child Assault Prevention Program, Mentor a Teen, Family Services and SOAR 55 (*Service Opportunities After Reaching 55*)

### Newton Department of Health & Human Services

(617) 796-1280

1000 Commonwealth Ave.

Newton, MA 02459

[www.newtonma.gov](http://www.newtonma.gov)

The Department of Health & Human Services is a team of helping professionals whose goal is to enhance resident services by identifying the needs and making resources available that will improve and enrich the quality of life of the entire community. The Department provides services through different programs Fuel Assistance and other financial emergencies; Transportation; Office of Volunteer Services. The Department also staffs the Youth

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Commission, Mayor's Commission for People with Disabilities, and Human Rights Commission.

### **Springwell**

(See Information & Referral)

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

Provides state-subsidized home services for eligible seniors, 60 and older, including personal care, homemaking, case management, transportation, money management, etc. Also, information and referral, Meals on Wheels, Alzheimer consultation, respite care, protective services and Elders at Risk Program for all seniors in Newton.

## **Nursing Homes (see also Rest Homes)**

### **Massachusetts Department of Public Health**

#### **Division of Health Care Quality**

Provides performance survey results for each **nursing facility** in the state.

617-753-8000, or call 617-753-8140 for scores and rates

For recent survey results: <http://webapps.ehs.state.ma.us/nursehome/>

### **Massachusetts Senior Care Association**

2310 Washington Street - Suite 300,

Newton Lower Falls, MA 02462

[info@maseniorcare.org](mailto:info@maseniorcare.org)

**617.558.0202 or 1.800.CARE-FOR | fax: 617.558.3546**

Addresses the public's concerns about the cost and quality of extended care facilities and educates consumers by distributing publications such as the Guide to Extended Care Facilities, Choosing the Best Long Term Care Option, Guide to Long Term Care Alternatives in Massachusetts, and Choosing the Right Nursing Facility for Someone You Love.

## **Skilled Nursing & Rehabilitation Facilities (SNF)**

### **Epoch Senior Health Care of Chestnut Hill (SNF)**

[www.epochsl.com](http://www.epochsl.com)

**(617) 243-9990**

615 Heath St., Newton, 02467

### **Golden Living Center - Chetwynde (SNF)**

[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

**(617) 244-5407**

1650 Washington St., Newton 02465

### **Golden Living Center - Heathwood (SNF)**

[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

**(617) 332-4730**

188 Florence St., Newton 02467

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**Golden Living Center - West Newton (SNF)**

[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

**(617) 969-2300**

25 Armory St. W. Newton 02465

(Dedicated Alzheimer's unit)

**Newton Health and Rehab (SNF)**

[www.newtonhcc.com](http://www.newtonhcc.com)

**(617) 969-4660**

2101 Washington St. Newton 02462

(Alzheimer's unit, LTC, and rehab units)

**Waban Health and Rehabilitation Center (SNF)**

<http://www.wabanhealth.com/>

**(617) 332-8481**

20 Kinmonth Rd. Waban 02468

**Lasell House (SNF)**

[www.lasellvillage.com](http://www.lasellvillage.com)

**(617) 663-7000**

120 Seminary Ave, Newton 02466

Only short term rehab and skilled nursing care

**Stone Institute (SNF)**

[www.stoneinstitute.com](http://www.stoneinstitute.com)

**(617) 527-0023**

277 Elliot St. Newton 02464

**Long-Term Care Ombudsman Program**

**Jewish Family & Children's Services**

**(781) 647-5327**

Provides assistance to resolve nursing home and long-term care facility problems.

**Newton Senior Center**

**(617) 796-1660**

[www.newtonseniors.org](http://www.newtonseniors.org)

Provides a list of nursing homes in the area. Provides information on the Dept of Public Health surveys. Assistance with applications for MassHealth/Medicaid and insurance information through the SHINE program.

**Springwell**

**(617) 926-4100**

[www.springwell.com](http://www.springwell.com)

Provides list of nursing facilities in the area. Pre-admission screening for Medicaid recipients.



## Recreation & Education

### **Leventhal-Sidman Jewish Community Center**

**(617) 558-6522**

[www.lsjcc.org](http://www.lsjcc.org)

333 Nahanton St., Newton 02459

Offers a full fitness facility, Jewish Theatre of New England, 60+ Couple Club, theatre, day and extended trips, and a variety of life-long learning classes including current events, nutrition, aerobics, line dancing, and Jewish studies. Lunch is served at noon followed by entertainment at 1pm. (a \$3.00 donation is requested)

Senior program is on Wednesdays 617-558-6443

### **Lifetime Learning - Newton Community Education**

**(617) 559-6994** (M-Th)

[www.newtoncommunityed.org](http://www.newtoncommunityed.org)

"A non-sectarian educational program of courses for seniors in Newton and all surrounding communities." 8 week courses are held on Wednesdays from 10 – 12:30.

### **SOAR (Service Opportunities After Retirement)**

**(617) 969-5906 x114**

[www.soar-ma.org](http://www.soar-ma.org)

Wellesley-Weston Lifetime Learning

Unitarian Universalist Society, 309 Washington Street, Wellesley

[info@wwllcourses.org](mailto:info@wwllcourses.org)

### **Newton Parks and Recreation Department**

**(617) 796-1500**

[www.ci.newton.ma.us](http://www.ci.newton.ma.us)

70 Crescent St., Newton 02466

Provides meaningful recreation opportunities through a wide variety of activities for all ages including: "Over 55", 'Arts in the Parks', Gath Pool, Crystal Lake, 71 tennis courts (66 hard surface, 5 clay), swim team and sports leagues for all. **Newton "Over 55"** offers monthly day-trips, theatre, special events, cultural activities, Fun and Fitness Programs, golf, swimming, tennis, daily walking clubs, tap dance, low-impact aerobics, Senior Olympics participation, bowling, and aquatics.

### **West Suburban YMCA**

**(617) 244-6050**

276 Church St., Newton 02458

[www.ymcainnewton.org](http://www.ymcainnewton.org)

Provides programs that enrich the quality of life for people of all ages and includes summer camp, child care, youth sports, health and wellness classes, pool, and gym.

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## Rest Homes

### **Elder Residence of the Stone Institute – Pettee House**

[www.stoneinstitute.com](http://www.stoneinstitute.com)

**(617) 527-0023**

277 Elliot Street, Newton 02464

### **Mt. Ida Rest Home, Inc**

**(617) 527-5657**

32 Newtonville Ave, Newton 02458

## Transportation

### **American Cancer Society**

**800-952-7664 (National number, 800-227-2345)**

9 Riverside Rd. Weston, MA 02493

Provides volunteer based free transportation for patient transportation to cancer treatments all over New England. Allow at least two days advance notice, a week notice is preferred. Call 800-227-2345 to coordinate.

### **Busy Bee Medical Transportation**

**1-800-427-0230 between 9 a.m. and 3 p.m.**

**Or 1-508-881-2120 from 6:30 a.m. to 5 p.m.**

Medical transportation for Newton seniors is provided to appointments outside of Newton.

*Reserve three (3) days ahead.* There is a suggested donation of \$4 each way. Service provided through a contract with Springwell.

### **City of Newton**

**(617) 796-1288**

[www.newtonseniors.org](http://www.newtonseniors.org)

These services must be reserved three (3) business days in advance **unless otherwise noted**. All require a voucher for each way. Vouchers can be obtained by calling 617-796-1660 or in person at the Newton Senior Center.

**To the Senior Center** Service 5 days a week. 8 a.m. – 4 p.m. *Reserve by 4 p.m. the previous day.*

**Medical Transportation** for Newton seniors is provided to medical appointments within the City of Newton and some destinations within 2 miles of the city. Weekdays: 8:00 – 5:00.

**Shopper's Bus** takes Newton seniors for weekly marketing on Tuesday, Wednesday or Thursday from 10 - 2. Door-to-door service and assistance with bundles is provided.

**Houses of Worship** (within Newton) – transportation available every day, at anytime except on legal holidays.

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**Long Term Care facilities or Newton-Wellesley Hospital** is available Monday – Friday from 8 – 5. Limit two (2) visits per week.

**Library & City Hall** destinations available M & W 8-5; and library only Sun 1-5.

**Home Instead**

**(617) 969-8697**

[www.maseniors.net/](http://www.maseniors.net/)

Private transportation with volunteer non-medical companionship and homecare for the elderly is available 24 hours, 7 days a week. Call for rates. Private vehicles, not handicap accessible.

**House Works**

**(617) 928-1010**

[www.house-works.com](http://www.house-works.com)

Private transportation is available with trained home health aids and CNA's around the clock. Call for rates.

**MBTA: Senior Pass**

Back Bay Station

145 Dartmouth St

Downtown Crossing Station

15-17 Summer St

**(617) 222-5976**

**TTY (617) 222-5415**

[www.mbtta.com](http://www.mbtta.com)

Reduced fare on MBTA buses and subway for people 65 and older or with disabilities. Pass may be obtained in person or by mail.

**MBTA: The RIDE**

**(617) 222-5123 [toll free: 1-800-533-6282]**

**TTY (617) 222-5415**

MBTA Access Transportation

10 Park Plaza Rm 4730

Boston, MA 02116-3974

[www.mbtta.com](http://www.mbtta.com)

Provides alternative public transportation (car or wheelchair vehicle) for those who cannot use general public transportation due to a physical or mental disability. The application requires the signature of a physician, nurse or social worker to verify the disability.

**Newton Senior Center (See City of Newton above)**

**(617) 796-1288**

[www.newtonseniors.org](http://www.newtonseniors.org)

Transportation to the Newton Senior Center is provided 5 days a week. *Reserve by 4 p.m. the day before.* Pick-ups begin at 8:00 a.m. Returns through the day until 4:00 p.m. Each trip requires a voucher which can be obtained by calling 617-796-1660 or in person at the Newton Senior Center.

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### **Suburban Home Health Care**

**866-MED-RIDE**

[www.suburbanmedride.com/4.html](http://www.suburbanmedride.com/4.html)

Private transportation is available M – F from 6 a.m. to 5 p.m. Call for rates.

### **Springwell Senior Medical Escort Program**

**(617) 926-4100 x246**

[www.springwell.com](http://www.springwell.com)

Transportation is provided by volunteers M-F from 9 – 5. Please call 7 days in advance.

Voluntary donation of \$4 each way.

## **Utilities**

### **Citizens Energy Heat Assistance (Joe4Oil)**

**617-338-6300**

[www.citizensenergy.com](http://www.citizensenergy.com)

Citizens Energy heat assistance programs give financial help to people who cannot afford to pay their heating bills. The Oil Heat Program allows each eligible household 100 free gallons of oil.

### **Fuel Assistance (LIHEAP) – ABCD Fuel Assistance Program**

A program available at **Newton Department of Health and Human Services** through the auspices of ABCD; Newton City Hall, 1000 Commonwealth Ave.

**617-796-1420**

Assistance is available to low-income homeowners and renters. Most fuel assistance households also qualify for weatherization, utility discounts and emergency furnace repairs for homeowners. Eligibility is based on gross household income. **By appointment only.**

**Emergency Assistance** through the Newton Department of Health & Human Services for a senior who has no oil. Please call 617-796-1282.

### **Good Neighbor Energy Fund**

Salvation Army

**1-800-334-3047**

[www.magoodneighbor.org](http://www.magoodneighbor.org)

Waltham Office – 781-894-0413

The Good Neighbor Energy Fund helps people in need pay for their winter heating fuel and other energy bills. The Fund is for people who are facing a short-term financial crisis and **do not** qualify for other fuel assistance programs. *Referral from a social worker needed.* Seniors may contact Kathy Laufer at 617-796-1663. Anyone under 60, contact Meghan Kennedy at 617-796-1282 or the Health & Human Services Department at 617-796-1420.

### **Utility Discounts**

Massachusetts gas, electric and telephone companies offer reduced rates to low-income customers who receive public assistance benefits (SSI, Food Stamps, MassHealth, etc) and meet income limits. Eligible customers get a 20% to 40% discount on their gas and electric rates and

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a discount on basic local telephone service and installation. Utility companies enroll eligible customers automatically or customers can apply directly to their utility company.

### **Utility Shutoff Protection**

Massachusetts laws prevent utility companies (gas & electric) from shutting off service to households in special situations. These include senior households, low-income families with infants, and people with serious illnesses who cannot afford to pay their utility bills. During the winter months, utility companies cannot shut off heating-related utilities for households with a financial hardship. For more information contact your utility company.

## **Volunteer Opportunities**

### **SOAR (Formerly RSVP)**

#### **Service Opportunities After Retirement**

492 Waltham Street  
Newton, MA 02465  
(617) 965-5906 x120

[www.soar-ma.org](http://www.soar-ma.org)

SOAR is part of a federally sponsored national program that offers Americans age 55 and older the opportunity to address local needs through volunteer service in a variety of settings. These include: Learning Partners with elementary school children, ESL Tutors with New Americans, GED Tutors with young adults, Friendly Visitors with isolated elders, Hospital Patient Representatives, and Advocates for victims of domestic violence.

### **NWW Committee for Community Living, Inc.**

1301 Centre Street, Newton 02459  
(617) 964-6860

[www.nwwcommittee.org](http://www.nwwcommittee.org)

Newton Seniors needed to volunteer as companions for individuals with developmental disabilities.

### **Newton Senior Center**

[www.newtonseniors.org](http://www.newtonseniors.org)

**Contact: 617-796-1660**

A Newton Senior Center Volunteer is a man or a woman who enjoys being a part of the center in a helpful and productive way. He or she may use the skills of a lifetime or learn new ones to then share with friends and participants

### **Newton Office of Volunteer Services**

Newton Cultural Affairs, 225 Nevada Street, Newtonville 02460  
(617) 796-1540

<http://www.Newtonma.gov/Exec/Volunteer.htm>